

# *Tai Chi for Diabetes Form*

Dr Paul Lam

## **Basic Movements**

- 1 Commencement Form
- 2 Opening and Closing Hands
- 3 Waving hands in the Clouds x 3 Left
- 4 Opening and Closing Hands
- 5 Fair Lady Working at the Shuttle
- 6 Opening and Closing Hands
- 7 Kick Left and then Right
- 8 Opening and Closing
- 9 Waving Hands in the Clouds x 3 Right
- 10 Opening and Closing Hands
- 11 Closing Movement

## **Advanced Movements**

- 11 Waving Hands in the Clouds x 3 Left
- 12 Opening and Closing Hands
- 13 Stroking Bird's Tail Left
- 14 Opening and Closing Hands
- 15 Stroking Bird's Tail Right
- 16 Opening and Closing Hands
- 17 Waving Hands in the Clouds x 3 Right
- 18 Opening and Closing Hands
- 19 Closing Movement